

Criteria Menu #13

Write a policy that discourages withholding PE or recess as a punishment.



Definition: The school must write a policy that requires that PE and recess are not withheld from students as a punishment. This policy should also include ideas for alternate forms of punishment.

Rationale: Regardless of a student's behavior it is essential that they have time to release energy. Students that are physically active do better in the classroom. A lack of physical activity leads to behaviors requiring punishment. Studies show that students who do not participate in recess are not able to focus and become disruptive in the classroom.¹ The longer a student sits in a classroom the more likely they are to misbehave. If a student is allowed to release energy in P.E. or at recess they will come back to the classroom more focused and better behaved.²

1. National Association for Sport and Physical Education, *Speak II, Physical Education Advocacy Kit II*, 1999
2. New York Times, *Trend towards no-recess policy is accelerating in the nation's schools*, April 7, 1998

Resources

Fit, Healthy, and Ready to Learn

D33

American Association for the Child's Right to Play

<http://www.ipausa.org/recess.html>

Healthy Lifestyles, Childhood Obesity: Update of Policy Options and Research. Pg. 26.



Assignments

School Coordinator Assignments

- Determine school's current policy
- Determine changes that need to be made to comply with new policy
- Review new policy
- Find ways to enforce new policy
- Present new policy in faculty meeting

Mentor Assignments

- Provide School Coordinator with ideas for punishment besides withholding recess
- Write a policy, give draft to school coordinator and principal to review
- Submit a draft of the policy to your LHD
- Revise policy if necessary and submit to principal for endorsement
- Submit final policy with the end-year report



Criteria Menu #13 Ideas

- Make sure teachers know of this policy and have alternatives to withholding PE or recess



No Withholding PE and Recess Policy Template

A policy defines an action a school will be taking to improve their health environment. Policies make lasting changes and stay with the school through faculty and administrative changes.

A Gold Medal Schools policy must include an Intent, Rationale, and Reinforcement. The school's copy of the policy must also include the principal's signature. Use this template to write your policy (all information is required).

A sample policy for this criterion can be found on the next page.

The policy must include...

- ☐ Intent
 - "P.E. and recess will not be withheld from a student or class as a punishment."
 - Include alternate options
- ☐ Rationale
 - Support for this policy
- ☐ Reinforcement
 - How this policy will be communicated to appropriate people
 - "This policy will be reviewed each year"



No Withholding PE and Recess Policy

Intent: P.E. and recess will not be withheld from a student or class as a punishment. Other options for punishment for misbehavior may include:

- Loss of additional computer time (not computer class)
- Additional homework
- Restriction from assemblies

Rationale: Regardless of a student's behavior it is essential that they have time to release energy. Students that are physically active do better in the classroom. A lack of physical activity leads to behaviors requiring punishment. Studies show that students who do not participate in recess are not able to focus and become disruptive in the classroom.¹ The longer a student sits in a classroom the more likely they are to misbehave. If a student is allowed to release energy in P.E. or at recess they will come back to the classroom more focused and better behaved.²

Reinforcement: This policy will be reviewed each year. We will give each teacher a copy of this policy and discuss it at the next faculty meeting. To ensure continuation of this policy we will discuss it and alternative methods of punishment at the first faculty meeting of each school year.

PRINCIPAL ENDORSEMENT

Principal's Name

Principal's Signature

Date

1. National Association for Sport and Physical Education, *Speak II, Physical Education Advocacy Kit II*, 1999
2. New York Times, *Trend towards no-recess policy is accelerating in the nation's schools*, April 7, 1998